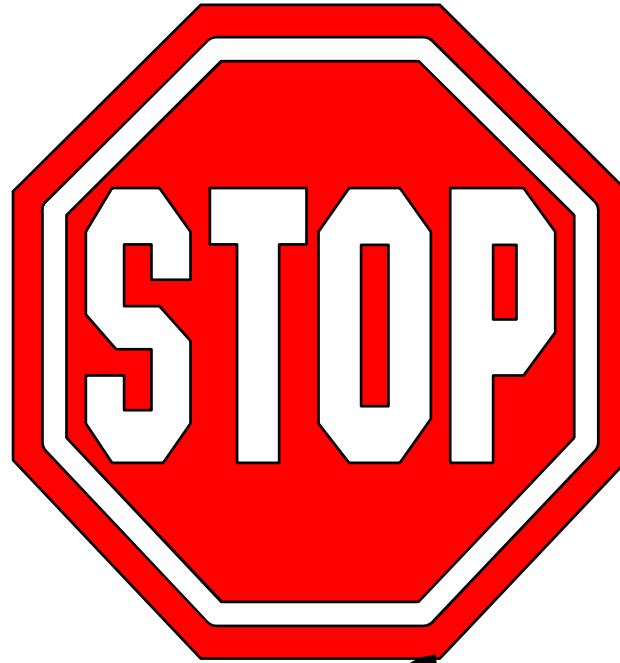




Summer Safety

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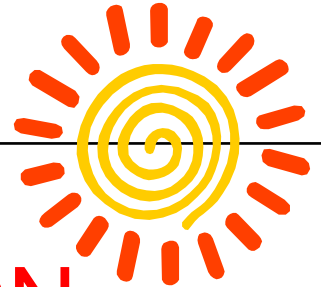


Unsafe Acts



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HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for Heat Injuries increase. Heat Injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.



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HEAT INJURY PREVENTION

- Drink Plenty of Water
- Avoid Heavy Meals At Lunch Time
 - Maintain A Well Balanced Diet
 - Wear Appropriate Clothing
- Use Sunscreen, SF7 Or Above



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HEAT INJURY PREVENTION

- Follow Recommended Work / Rest Cycle
 - Keep Areas Well Ventilated
- Schedule Outdoor Activities During Cooler Part Of The Day



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HEAT INJURY PREVENTION

- Use The Buddy System
- Monitor Those At Risk
- Use Common Sense



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SUNBURN PREVENTION

- Use Sunscreen - Reapply Frequently
- Moderation - Avoid Extended Exposure
During Peak Hours (1000-1600)
 - Avoid Repeated Exposure
- Seek Medical Care If Severely Burned



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HEAT RASH

- Skin Irritation Caused By Excessive Sweating In A Hot Humid Environment
- Appears As A Cluster Of Pimples Or Small Blisters



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HEAT RASH

- Neck, Around Collar
 - Groin Area
 - Under Breasts
 - Under Arms
 - Skin Creases



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HEAT RASH

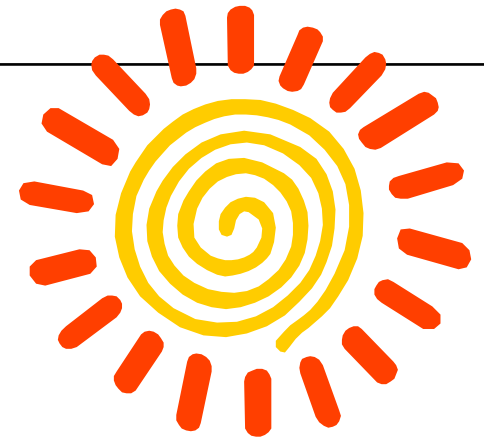
PREVENTION AND TREATMENT

- Baby Powder With Corn Starch
 - Cool Shower
- Avoid Lotions And Creams
- Frequent Change Of Clothing



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HEAT
CRAMPS



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CAUSE

Excessive Loss Of Salt From The Body

SYMPTOMS

Painful Cramps Of The Major Muscle Groups
(Arms, Legs, Or Stomach)

TREATMENT

Provide Cool Water - Shade - Monitor



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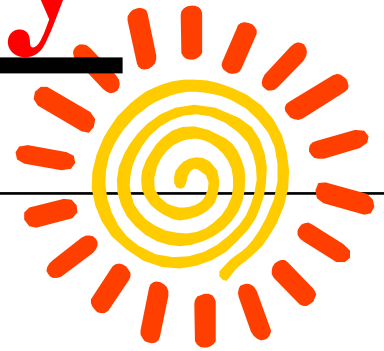


HEAT
EXHAUSTION



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CAUSE

Excessive Loss Of Salt And Water In The Body

SYMPTOMS

Profuse Sweating - Headache - Paleness - Weakness
Nausea - Cool Moist Skin - Tingling Sensation In Extremities

TREATMENT

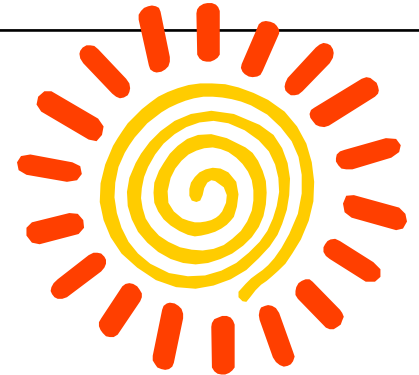
Provide Water - Shade - Elevate Feet - Monitor
Seek Medical Attention Immediately



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HEAT



STROKE

- MEDICAL EMERGENCY -



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CAUSE

The Body's Heat Regulatory Mechanism Stops

SYMPTOMS

Headache - Dizziness - Delirium - Weakness - Nausea
Red, Hot Skin - Unconsciousness

TREATMENT

Seek Medical Attention Immediately - Cool Shaded
Area - Soak Clothing And Fan - Elevate Feet
Massage Extremities